

# Body Mass Index (BMI) Fact Sheet



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_ inches Weight: \_\_\_\_\_ lbs

**YOUR CALCULATED BMI:** \_\_\_\_\_

**Waist circumference:** \_\_\_\_\_ inches

**BMI** = indicator of total body fat

**Waist Circumference:** indicator of abdominal fat

### BMI Interpretation

Underweight: < 18.5  
Normal: 18.5-24.9  
Overweight: 25-29.9  
Obese: > 30.0

### Waist Circumference Interpretation

	<u>Increased Risk</u>	<u>Substantially Increased Risk</u>
Women:	> 80 cm/31.5 inches	> 88 cm/35 inches
Men:	> 94 cm/37 inches	> 102 cm/40 inches

**BP:**  
**HR:**  
**SPO<sub>2</sub>:**

**NOTE:** BMI and Waist Circumference are strongly correlated and together allow determination of health risk

## Classification of Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risks

### Risk Factors for disease: (check all that apply)

- High Blood Pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking
- TOTAL**

### **You are at increased risk of the following IF:**

**BMI ≥ 25 AND you have > 1 of above risk factors**

- Hypertension (high blood pressure)
- Dyslipidemia (abnormality of blood lipids)
- Type 2 Diabetes
- Coronary Heart Disease
- Stroke
- Gallbladder Disease
- Osteoarthritis
- Sleep Apnea and Respiratory Problems
- Cancer (Endometrial, Breast, Prostate, and Colon)

$$\text{BMI} = \frac{(\text{weight in lbs}) * 703}{(\text{height in inches}) * (\text{height in inches})}$$

### **Disease Risk\* Relative to Normal Weight and Waist Circumference**

	<b>BMI (kg/m<sup>2</sup>)</b>	<b>Obesity Class</b>	<b>Men 102 cm (40 in) or less Women 88 cm (35 in) or less</b>	<b>Men &gt; 102 cm (40 in) Women &gt; 88 cm (35 in)</b>
Underweight	< 18.5		-	-
Normal	18.5 - 24.9		-	-
Overweight	25.0 - 29.9		Increased	High
Obesity	30.0 - 34.9	I	High	Very High
	35.0 - 39.9	II	Very High	Very High
Extreme Obesity	40.0 +	III	Extremely High	Extremely High

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/bmi\\_dis.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/bmi_dis.htm)

**NOTE:** Losing as little as 10% of current weight will lower your disease risk!

**NOTE:** If you are overweight, but do not have a high waist circumference or > 1 risk factor, prevention of further weight gain (versus weight loss) should be your goal.

**Weight Loss Plan:** Reduce caloric intake AND increase physical activity

### **Refer to the following websites for more information:**

- National Heart Lung and Blood Institute: [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/control.htm#part2](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/control.htm#part2)
- Centers for Disease Control and Prevention: <http://www.cdc.gov/nccdphp/dnpa/physical/everyone.htm>

THERAPIST \_\_\_\_\_